

Top Tips for Sport Science Revision



1. Make the most of your final lessons

Mr Davis will plan lessons, tasks and revision so you can get the most out of these. Make notes, ask questions, check if you are not sure about something.

2. Create acronyms to help remember key knowledge

Consider creating acronyms to remember key content from each topic area. Remember NAME G WASPF for the individual variables (nutrition, age, medical condition, experience, gender, weight, ability, sleep, previous injuries, fitness)

3. Don't leave the extended answer question to last

The extended answer question is worth 8 marks and over 10% of overall marks. Consider when you are going to answer it but try not to leave it to the end. Plan out how you are going to answer this question at the slide of the paper to help you.

4. Know what the question is asking you to do

You need to know exam command words - explain, evaluate, assess, to what extent, describe, complete, suggest. Look at past papers and questions in lessons to help you get familiar with these so you know what you need to do.

5. Attend Sport Science intervention on Mondays/Tuesdays

Intervention takes place every Tuesday and every week 2 Monday after school from 3-4pm in Business Suite. This can be used to improve NEA coursework and revision for the exam.

Sport Science

R180 Reducing the risk of sports injuries and dealing with common medical conditions

1 Hour 15 minutes Exam—Monday 18th May AM